# Nasha Mukti Kendra in East Delhi – Care Foundation

carefoundation
BEST NASHA MUKTI KENDRA IN EAST DELHI
Join the top Nasha Mukti Kendra in East Delhi for expert addiction treatment, detox, and counseling. Safe, confidential, and proven recovery.
MORE INFO
+91-8181810503
www.carefoundationrehab.com

**Freedom from Addiction Starts Here**

Addiction is not a choice—it's a chronic but treatable medical condition that affects millions across India. Whether it's drugs, alcohol, or other harmful substances, dependency takes a heavy toll on health, relationships, and personal growth. Fortunately, there is help available. For those seeking recovery in East Delhi, the **Care Foundation** offers a trusted, compassionate, and effective **Nasha Mukti Kendra in East Delhi** that is transforming lives every day.

**Why Choose a Nasha Mukti Kendra in East Delhi?**

East Delhi, covering areas like Laxmi Nagar, Mayur Vihar, and Preet Vihar, is home to thousands of individuals silently battling addiction. Choosing a local de-addiction center has several advantages:

- **Accessibility** for regular visits or family support
- **Confidential care** close to home
- **Local community reintegration** post-recovery
- **Cultural understanding** from the care team

**Care Foundation's East Delhi center** offers these advantages with professionalism and compassion.

### Understanding the Nature of Addiction

Addiction is not simply a habit—it is a medical condition involving complex changes in the brain's reward system. Common substances of addiction include:

- Alcohol

- Cannabis
- Cocaine
- Heroin
- Prescription drugs
- Tobacco

Care Foundation treats addiction as a **multidimensional issue**, addressing not just the symptoms but the root causes—emotional, psychological, and environmental.

### Care Foundation's Holistic Approach to Recovery

#### ✅ 1. Medical Detoxification

Detox is the first and most crucial stage. The patient is guided through safe withdrawal under the supervision of doctors and nurses. Common symptoms like anxiety, tremors, and insomnia are managed professionally.

#### ✅ 2. Psychological Counseling

One-on-one and group therapy sessions help uncover the emotional triggers behind substance use. Therapies include:

- **CBT (Cognitive Behavioral Therapy)**
- **Motivational Enhancement Therapy**
- **Trauma-informed counseling**

### ✅ 3. Family Therapy

Addiction affects the entire family. That's why Care Foundation involves family members in the healing process, offering guidance on:

- Rebuilding trust
- Healthy boundaries
- Communication improvement

### ✅ 4. Holistic Therapies

The mind and body must heal together. Care Foundation integrates:

- **Yoga & Meditation**
- **Nutritional counseling**
- **Stress reduction techniques**

✅ **5. Relapse Prevention & Aftercare**

Even after a patient completes the rehab program, the journey isn't over. Long-term success depends on staying connected through:

- Follow-up counseling
- Relapse prevention plans
- Peer support groups

**Treatment Plans Tailored for You**

Care Foundation offers flexible, personalized programs:

| Program Type | Duration | Features |
| --- | --- | --- |

| | | |
|---|---|---|
| **30-Day Intensive Care** | 4 weeks | Detox, therapy, and group sessions |
| **60-90 Day Recovery** | 2–3 months | Deep healing, trauma resolution, family work |
| **Long-Term Rehab** | 6–12 months | Full reintegration, life skills training |
| **Outpatient Programs** | Flexible schedule | Ideal for mild dependency or follow-up care |

Each patient undergoes a **pre-admission assessment**, and plans are customized to their physical, emotional, and social needs.

### Services Offered at the East Delhi Nasha Mukti Kendra

- 24/7 medical monitoring
- Drug & alcohol detox
- Psychiatric evaluation
- Dual diagnosis treatment

- Family & marital counseling
- Individual & group therapy
- Meditation, yoga & recreational activities
- Education and relapse prevention workshops
- Aftercare & follow-up support

**Who Can Enroll?**

The center accepts individuals from:

- East Delhi (Laxmi Nagar, Mayur Vihar, Preet Vihar, etc.)
- Surrounding NCR regions (Ghaziabad, Noida, Faridabad)
- All age groups (18+ recommended)

- Both male and female clients (separate arrangements available)

**What Sets Care Foundation Apart?**

✅ **Expert Staff** – Licensed psychiatrists, therapists, and addiction specialists
✅ **Holistic Healing** – Integrating yoga, nutrition, and mindfulness
✅ **Affordable & Transparent Pricing** – No hidden costs
✅ **Confidentiality First** – Every client is treated with dignity and privacy
✅ **Success Stories** – Hundreds of patients have transformed their lives here

**Success Story: Real-Life Transformation**

> “My son had been addicted to alcohol for over 5 years. We were hopeless. After three months at Care Foundation’s East Delhi center, he returned home sober, positive, and determined. The counseling, daily routine, and family support

sessions changed everything for us.”
– **Parent of a recovered patient**

### Daily Life at the Rehab Center

A structured routine is key to recovery. Here’s what a typical day might include:

| Time | Activity |
|---|---|
| 7:00 AM | Wake-up & morning yoga |
| 8:00 AM | Breakfast |
| 9:00 AM | Group counseling session |
| 11:00 AM | Individual therapy |
| 1:00 PM | Lunch & rest |
| 3:00 PM | Workshop or recreational activity |

| | |
|---|---|
| 5:00 PM | Meditation & reflection |
| 7:00 PM | Dinner |
| 8:00 PM | Peer support meeting |
| 9:00 PM | Lights out |

---

**FAQs – Frequently Asked Questions**

**Q1. How long should one stay in the rehab center?**
➡️ Duration depends on the severity of addiction—anywhere from 30 days to 6 months or more.

**Q2. Is treatment confidential?**
➡️ Absolutely. All personal information and medical history are kept private.

**Q3. Can family members visit?**
➡️ Yes, scheduled visits and family therapy sessions are part of the program.

**Q4. Is medical care available 24/7?**
➡️ Yes, doctors and nurses are present round-the-clock for emergencies and monitoring.

**Q5. Is detox painful?**
➡️ Detox can be uncomfortable, but professional supervision ensures it is manageable and safe.

---

**Why East Delhi Residents Trust Care Foundation**

- **Local Accessibility**
- **Affordable Pricing**
- **Certified Staff**
- **Success Rate & Patient Satisfaction**
- **Custom Programs for Working Professionals & Students**
- **Culturally Sensitive Care for Hindi-speaking patients**

## How to Reach the Nasha Mukti Kendra in East Delhi

You can contact **Care Foundation Rehab Center** through the following details:

---

### 📍 Contact Us

**Care Foundation – Nasha Mukti Kendra in East Delhi**
Website: www.carefoundationrehab.com
📞 **Phone:** +91-9718914014
📧 **Email:** info@carefoundationrehab.com
🏥 **Location:** Jeevan Dhara Nasha Mukti Kendra wazirabad , Delhi-11084

🕑 **Timings:** 24/7 admission support available

### 📌 How to Book an Appointment

1. Call the helpline or fill the contact form on the website

2. Receive a free consultation

3. Schedule your assessment and begin your recovery journey

**Final Thoughts: The First Step Toward a Drug-Free Life**

Recovery is not just possible—it's within your reach. With the right guidance, professional care, and support from family, anyone can break free from the chains of addiction. Care Foundation's **Nasha Mukti Kendra in East Delhi** offers everything needed for a full, healthy, and lasting recovery.

**Don't wait. A new life is just one call away.**